



*THERAPEUTIC CENTRE FOR ADDICTED PEOPLE*

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**ANNUAL REPORT  
ON THE ACTIVITIES OF “SOLIDARITY” ASSOCIATION  
FOR 2010**

## PRIMARY CONTACTS AND TELEPHONE INTERVIEWS 2010

### PRIMARY CONTACTS

In 2010 69 primary contacts (PC) were completed.

21 of them are successful:

- Entered in the Rehabilitation program (RP) – **11 people** (accepted are 12 people, but one of them has entered twice)
- Entered in the Evening program for resocialization (EP) – **3 people** (accepted in 2010 are 8, but two of them had come from the rehabilitation program and for three of them no primary contact is available)
- Entered in the Parents' group – **1 person**
- Referred to and completed a paid consultation – **1 person**
- With request for a single consultation – **5 people**

Unsuccessful and inadequate primary contacts are **48**, which include:

- Inadequate (minors; people over 40.; with comorbidity; with no proof for use) – **11**
- Referred to detoxification/second/consequent meeting, but with interrupted contact – **21**
- Lack of motivation for treatment/lack of recognition of the problem – **7**
- Lack of home or parent support – **1**
- Unknown (with no information in the form) – **8**

### Profile of the clients in the program:

- Addiction/ abuse of psychoactive substances/ poly-addiction – specifically: heroin, amphetamines, cocaine, cannabis, alcohol, inhalants
- **Rehabilitation program:**
  - Addicted to heroin – 8
  - Addicted to alcohol – 6
  - Addicted to alcohol with amphetamines and cannabis abuse– 1
  - Addicted to heroin with alcohol abuse – 1
  - Addicted to amphetamines and cannabis – 3
  - Addicted to heroin and amphetamines – 1
  - Addicted to heroin and cocaine – 1
  - Addicted to heroin, amphetamines and cannabis – 1
  - Addicted to heroin, amphetamines, alcohol and cannabis – 1
  - Addicted to heroin, amphetamines, alcohol and cocaine – 1
- **Evening program for resocialization:**
  - Addicted to heroin – 8
  - Addicted to alcohol – 1
  - Addicted to heroin, amphetamines and cannabis – 1
  - Addicted to heroin, amphetamines, alcohol and cannabis – 1
  - Addicted to heroin, amphetamines, alcohol and cocaine – 1

- Medical status (blood-transmitted infections, comorbidity, treatments)
  - **Rehabilitation program:**
    - Blood transmitted infections – 3 individuals with hepatitis C
    - Comorbidity – 2 individuals with depression and 1 individual with an eating disorder (3 altogether)
    - Previous treatments for addiction – 15 people
    - Treatment with interferon (hepatitis C) – 2 individuals
    - Treatment for depression – 1 person
  - **Evening program for resocialization:**
    - Blood transmitted infections – 2 individuals with hepatitis C
    - Previous treatments for addiction – 7 people
    - Treatment with interferon (hepatitis C) – 2 people
- Social functioning (employed, unemployed, pupils, students, dropped out from school)
  - **Rehabilitation program:**
    - Employed – 1 person
    - Unemployed – 14 people
    - Students – 9 people
  - **Evening program for resocialization:**
    - Employed – 5 people
    - Unemployed – 5 people
    - Students – 1 person
    - Pupils – 1 person
- Clients with closed criminal records (number, male/female)
  - **Rehabilitation program:**
    - With non-concluded criminal record – 3 people
  - **Evening program for resocialization:**
    - With non-concluded criminal record – 1 person
- Marital status of the clients
  - **Rehabilitation program:**
    - Single – 18 people
    - Divorced with a child – 1 person
    - Married with one or more children – 4 people
    - Single with a child – 1 person
  - **Evening program for resocialization** – 12 people - single
- Following the people who completed the program (period of follow-up, criteria, procedure of follow-ups, results).
  - **Rehabilitation program:**
    - At the moment 10 people who have completed the program during the past 3 years participate in the follow-up (until the end of 2010):
    - 1 person – 3 years
    - 1 person – 2 years and 7 months
    - 1 person – 2 years and 3 months
    - 1 person – 1 year and 7 months
    - 1 person – 1 year and 6 months
    - 1 person – 1 year and 1 months
    - 1 person – 1 year
    - 1 person – 7 months
    - 1 person – 6 months
    - 1 person – 3 months

The criteria for the follow-up as well as the procedure have not been changed. The factors that are followed are social status, social contacts, relationship with relatives and friends, financial security, use of alcohol and psychoactive substances. The follow up is carried out through periodical phone calls, periodical meetings, periodical participation of the clients who have completed the program in therapeutic groups for the purpose of passing on their personal experience and positive role model. The clients who have completed the program and their parents and relatives are also invited to events and celebrations organized by Solidarnost Association at least 1-2 times a year.

Of the 10 people who have completed the program 7 are employed, 3-are students, 5 live with their partner/husband away from their parents, during the follow up time 2 of them had kids (respectively first and second), and 1 got married. All have relative financial stability. Only one has reported alcohol use and he is attending individual therapy. There was one incident of relapse and the person is currently attending private individual consultations

**Evening program for resocialization** – lack of follow up of the clients who have completed the program, since the program had been closed before the end of 2010 due to financial difficulties.

### **Work with parents and relatives:**

- Method for work with parents and relatives  
Rehabilitation program and „ARZ Solidarnost” Association work with parents and relatives of the clients through consultation and group work. Every week there are support groups for the parents and relatives of the clients. The consultations are individual and/or family meetings and the purpose is to find and use the resources of the whole family, marital or intimate partners, relatives and siblings. The number of consultations depends on the needs of each client, but the minimal amount is one consultation per month.

- Number of parents, relatives and friends that have attended the program during the past year  
44 people ( 35 –parents, 1- relative, 3 – marital/intimate partner, 5 – siblings). Conducted are ‘Parents’ groups– 44 times; Family consultations – 66 times; Individual consultations – 14 times.

- Qualification of the professionals working with the parents and relatives -  
An employee who has a bachelor’s degree in Psychology and is certified in family and couple therapy

- Supervision (kind, frequency, names and qualification of the supervisor)  
Case supervision conducted twice a month by associate professor Poli Petkova - ward chief Psychotherapy and clinical psychology at the University Hospital specialized in neurology and psychiatry ‘St. Naum’ in Sofia.  
Case supervision carried out by Ruud Bruggeman, psychologist-pedagogue and family therapist.

- Capacity of the program (number of places) for the respective year, change of capacity, reasons
  - **Rehabilitation program** – 12 people full day regime and 3 people in the process of re-entry (half of the work days of a given month are in the program and the other half – out of it). Up to 5 people are simultaneously in resocialization. There is not any change in the capacity.
  - **Evening program for resocialization** – 8 people
- The total number of participants during the last year
  - **Rehabilitation program** – 24 people
  - **Evening program for resocialization** – 12 people
- Number of accepted into the program (male/female, average age)
  - **Rehabilitation program** – 12 people (6 females and 6 males, average age 26 years)
  - **Evening program for resocialization** – 8 people (1 female and 7 males, average age 29 years)
- Number of people who completed the program (male/female)
  - **Rehabilitation program** – 4 people (3 females and 1 male)
  - **Evening program for resocialization** – 2 people (2 females)
- Number of people who dropped out of the program (male/female), reasons
  - **Rehabilitation program:**  
13 people have dropped out of the program (4 females and 9 males). 7 of them were suspended, 5 left by their own wish and 1 dropped out due to a relapse episode
  - **Evening program for resocialization:**  
9 dropped out of the program due to its closing (1 female and 8 males). 3 of them left by their own wish, 1 was suspended and 5 dropped out due to a relapse incident
- Average stay in the program
  - **Rehabilitation program** – average stay 7,5 months
  - **Evening program for resocialization** – average stay 6 months

## **Achievements and Difficulties Solidarnost Association faced in 2010.**

Elena Nikolova, executive director

Analysis of the institutional goals for 2010

### **1. Institutionalization of the internship program**

In 2010 we made contracts with NBU – Family and Couples therapy and clinical social work. Seven internees completed the internship program in 2010. The internship is 120 hours long and is divided into three different parts. During the first week the internee gets acquainted with the model TO and in particular with Solidarnost Association. The second week is allotted to personal experience in the group and during the third the participant gets acquainted with the work of the professional team.

Ideas for development in 2011:

- Solidarnost to make a contract with Sofia University „St. Kliment Ohridski”, and to become one of its base institutions for practical education.
- The internship program to become paid, the internees to be committed by a contract, tuition or volunteer work for a fixed period of time after the end of the internship.

### **2. Employee of the year**

Two people received the prize „Employee of the year” – Svetlana Hristova from the RP team and Svetlana Velkova from the NILDA team. They have been chosen because during the year they have been proactive, contributed to the enrichment of the work environment with ideas and initiatives; to the preservation of the good team climate and borders, as well as for the quality of the executed work problems. Here is a small part of their contribution for which they received the prize.

Svetlana Velkova contribution:

- Optimizing the forum at [www.drugsinfo-bg.org](http://www.drugsinfo-bg.org)
- Popularization of the activities of NILDA and participation in the International Youth Christian Festival in Belozem
- Help and support to the colleagues at NILDA

Svetlana Hristova contribution:

- Flawless help to the colleagues at the rehabilitation program
- Participation in the production of a pamphlet for the parent service
- Dedicated work with parents

### **3. Work with volunteers**

The work with volunteers is optimized. For a certain period part of the internees helped in the RP. In October 2010 a selection of volunteers was made, who at the moment work at the IL. We continue to look for volunteers who could support our administrative activities, the work of the professional team of the RP, the work with parents and the activities related to the information line for drugs and alcohol. On the basis of the draft law for volunteer labour a contract for work with volunteers has been prepared ensuring stability of the relations with the volunteers.

Ideas for development in 2011:

- Increase of the volunteer work in the organization. The volunteers can enhance the resources at Solidarnost since due to financial difficulties we cannot afford to hire a team.
- Participation of the clients from the resocialization program as volunteers. They could take part in the rehabilitation program regularly by making a schedule for a particular period of time.
- Participation of the parents as volunteers in the rehabilitation program or as help with temporary employment if necessary. The parents could feel useful and would support us when our resources are insufficient.
- Participation of volunteers from companies. They could provide assistance for specific activities for a period of time or for particular needs like writing a project for instance. The benefits are for both sides – Solidarnost receives a necessary service, while the employees of the companies – the satisfaction for participating in a social cause.

This is a way of popularizing our services in the society and to work for destigmatization of the people with addiction problems.

#### **4. Updating the Solidarnost website**

By virtue of the volunteer work of ABC communication group Solidarnost has a new website and a new logo. A translation of the content of the website is carried out by Rositsa Dolapchieva part of the NILDA team.

#### **5. Participation in EFTC**

In 2010 we became members of the European Federation of the Therapeutic Communities. This is a recognition for the quality of work at Solidarnost and for observing the standards of the model “therapeutic community for drug addicts”.

#### **6. Popularization**

In 2010 the popularization of the work at Solidarnost was completed mainly in two ways:

- Through work with partners
- Through media assistance

We succeeded to attract as a partner Apeiron Communications. Thanks to them we accomplished a very good school campaign. The face of the campaign was Dimitar Pavlov. The initiative was patronized by Mtel, Btv, Chanel 1, Pro BG, radio and TV MAD, Darik radio, Chevrolet, Arena cinema etc.

We also attracted as partners schools which agreed to cooperate for the successful accomplishment of the program in Plovdiv and Varna.

We worked successfully with the toxicology at Military Medical Academy (MMA), “Health initiative”, P.U.L.S and Caritas Foundation.

New partner is the Brewery Association in Bulgaria with whom we will work on a project for prevention of alcohol use among teenagers.

The events of the organization were reflected by the media in the country with more than 100 publications in 2010.

Ideas for development in 2011

- Our goal is to find business partners in order to diminish our financial deficit. Our business partners could contribute by granting goods and services for the needs of the program. For this purpose it is necessary to offer professional services that could be helpful to potential business partners in order to be in a ‘win-win’ situation.
- We could accomplish ideas for self-financing through help of business partners. In 2011 we will work in that direction in order to find those who are ready to support our social cause.
- **Work on projects:**
  1. At the end of 2010 the project “Building a Bulgarian information line for drugs and an interactive website” was completed. It was sponsored by Matra program of the Ministry of International affairs of the Kingdom of Netherlands. When the project was closed we organized a round table attended by more than 80 people. The information line is still active supported by volunteers and the Brewery Association with which we work on a project for prevention the use alcohol among teenagers. The project is focused on parents whose children are trying or abusing alcohol.
  2. Ideas for development in 2011.
    - To work for partnership or merging of the telephone lines of NCA and Solidarnost
    - To look for donor programs or European funds for which we can make project offers in order to ensure sponsorship of NILDA for the next couple of years.
  3. The activity on project European community in education is on going. It is expected to be completed on 13 May 2011. The evaluation committee for good practices is on 4 May and on 1 May – the final event on the project. Three mobilities are left to be done – 2 in Spain and 1 in Poland.

National line to stop smoking (National Quitline). The Solidarnost team served the line for the period September – December 2010. For this time the total number of calls is 51. We attracted business and media partners who took part in popularization of the line. We revised the video and audio recordings of the National Quitline and Metromedia broadcasted them in Sofia Underground. We offered the Ministry of Health a suggestion for updating the website of the line. For this period thanks to the efforts of Petar Valkov the admirers of the facebook group increased from 32 000 to 52 000. One of the periods the website [www.aznepusha.bg](http://www.aznepusha.bg) was visited the most since its creation was the quarter month period September –December. As a result of this the activity in the forum increased. The last active opinions of users before that time were from the middle of 2009. Due to lack of sponsorship and confusion about the future of the line as well as to communication difficulties between Solidarnost and the Ministry of Health, the line is once again served by the Social health department in MH

**Advantages:** fast and quality work; purposeful measures with prompt results; highly motivated team; access to a rich data of contacts;

**Disadvantages:** continuous problems with the telephone number of the line; lack of adequate and timely communication between the team and MH related to the work activities; payment below the average level for a job like this; lack of security for the team caused by the uncertainty about the financing of the National Quitline for 2011.

## 7. Financing of the organization

Financing the organization is the biggest concern for us. At this stage we start the year with a deficit of 40 000 Euro. There is a lack of European and national grant programs for which we could apply with a project offer. Moreover, the financing from European projects is not a sufficient activity for ensuring the stability of the program. It is only supporting the side activities of the program. State or municipal participation is needed for the rehabilitation programs to stay active.

The financing through international sponsors is also difficult. The organizations that formerly sponsored Solidarnost have a condition for financial participation in Bulgarian non government sector for work with drug addicts and refuse to support Solidarnost in the future.

Place for activity execution – fourth year in a row we are renting an apartment in a residential building which not only does stay in the way of our group work, but also makes it inconvenient for the people living there.

It could be said that the year was successful for us but it was full of difficult periods in parts due to the project ‘Building of information line for drugs and an interactive website’. We did not have any success in financing the program activities and ensuring a larger and cheaper place for the next couple of years. We did not receive any support from MH and the Municipality although we repeatedly asked them for help. We are left disappointed that in spite of the achieved results, innovative practices and the development of a modern program for rehabilitation of drug addicts in the society, the necessary support to continue our work is missing. Weariness and disappointment start to build-up among the team members. On the other hand the families of the drug addicts cannot afford to pay high fees for entering the program and this fact once again puts them in the position of social outsets.

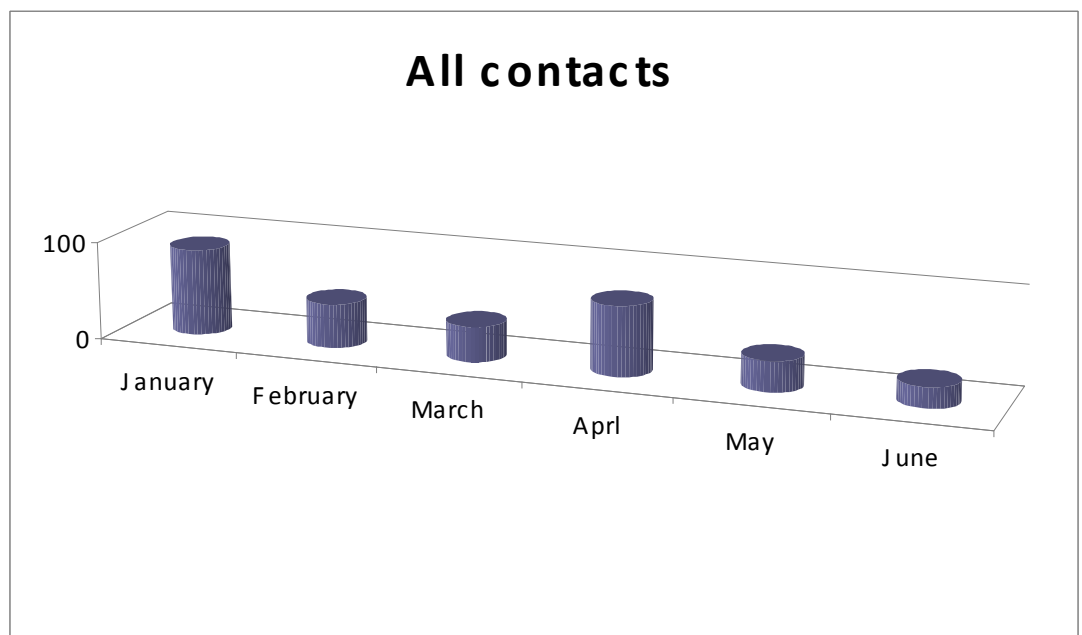
The planning is hindered due to the fact that we have a budget until the end of June 2011. We are discussing a restructuring after this date. I confess with regret that after 8 years of successful work the rehabilitation program might discontinue its existence as a result of financial difficulties. This would mean a loss of all good practices that we have gained until this moment as well as the loss of a program from the drug free kind for drug addicts and their families.

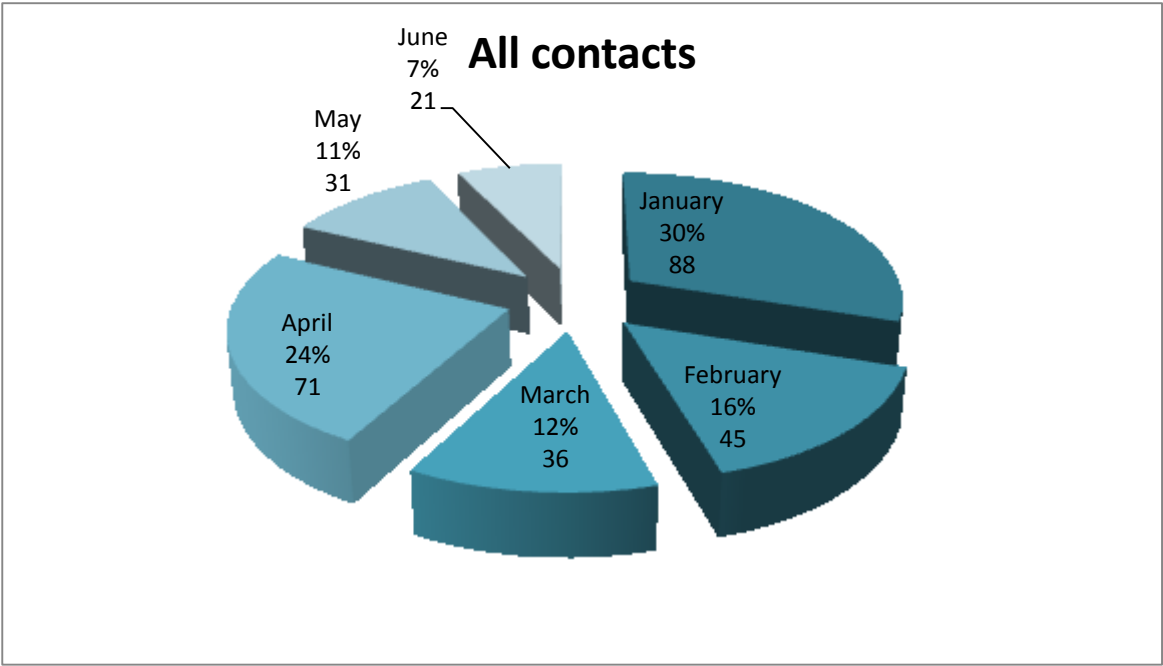
Ideas for development in 2011:

- Direction *psychological work*:
  - Directing the program to an outpatient work from the kind ‘case lead’
  - Commencing new activities – seminars and trainings with lead European
  - Expanding the activities of Solidarnost beyond the field of addiction
  - Trainings for psychoactive drugs - effects and risks, trainings for prevention the use of psychoactive drugs, trainings for assertive behaviour and decision making.
  - Parent training

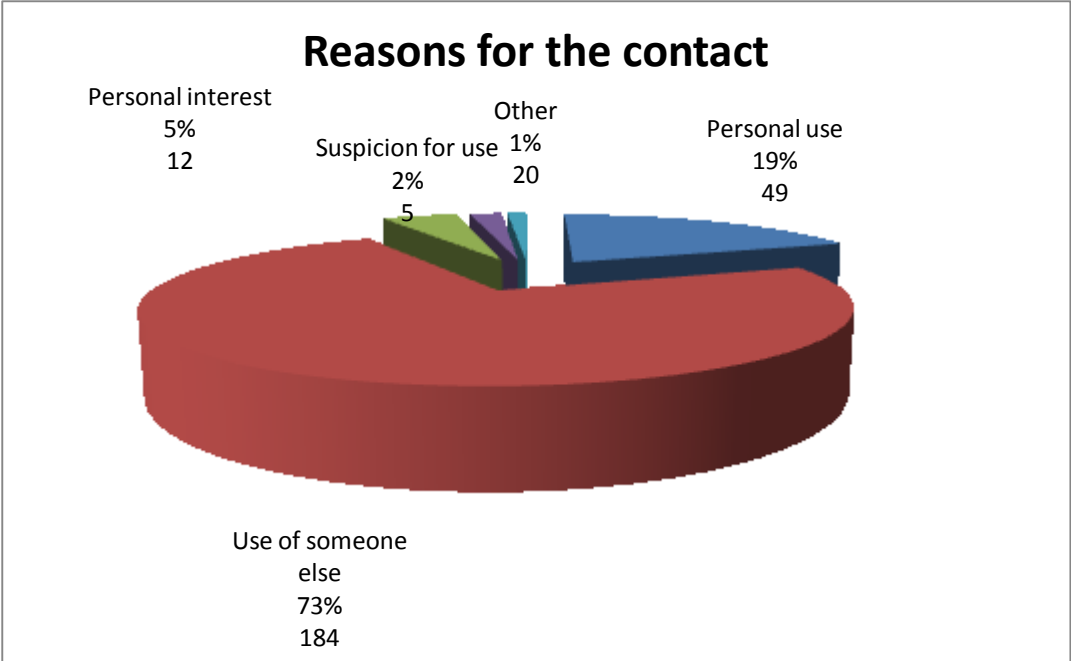
- Family consultation
- Direction *looking for sponsorship*:
  - Building and commencing the DMS
  - Grant register
  - Attracting new partners through 'Exchange of ideas and projects'

**Statistics for the National information line for drugs and alcohol for 2010**





- All contacts for the period - 292.



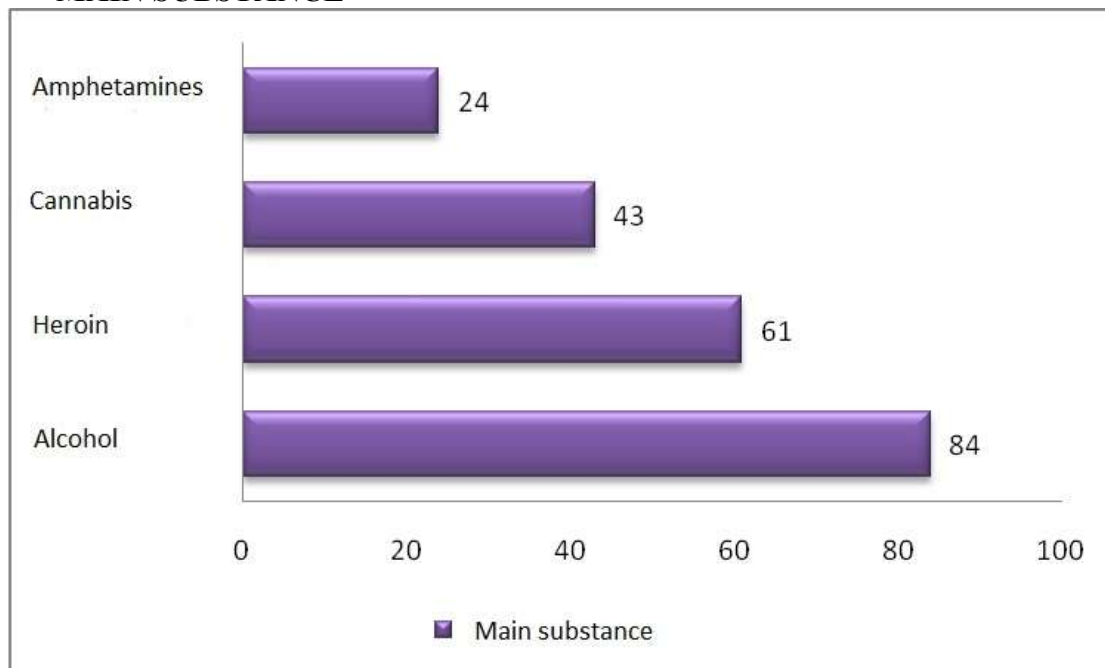
## REFERRAL

- 43% of the total number of referrals for treatment and rehabilitation for addiction; 25% referrals to a psychologist/social worker; 12% - for detoxification. The smallest percent are the referrals to outreach organizations (2%) and for legal consultation (1%).

## SEX, AGE, CITY

- The proportion of males who called to females is 1:2, respectively 32,5% (93 males) and 67,5% (193 females). The average age of the males completed the contact is 34, and the average age for the women – 43.
- The majority of the calls are from age group 45 – 49 (43 calls). The second place is for the number of calls of the age group 50 – 54 (33 calls) and age group 40 – 44 (32 calls). The number of calls from people who belong to the age group 15 – 19 is 30.
- The majority of the calls are from Sofia, Varna, and Plovdiv.

## MAIN SUBSTANCE



Completed contacts through the Informational line for drugs and alcohol related to the substances in the graph take 72,6% of all contacts. The percent content of the call for these substances of the total number of contacts is: amphetamines – 8%; cannabis– 15%; heroin – 21%; alcohol – 29%.